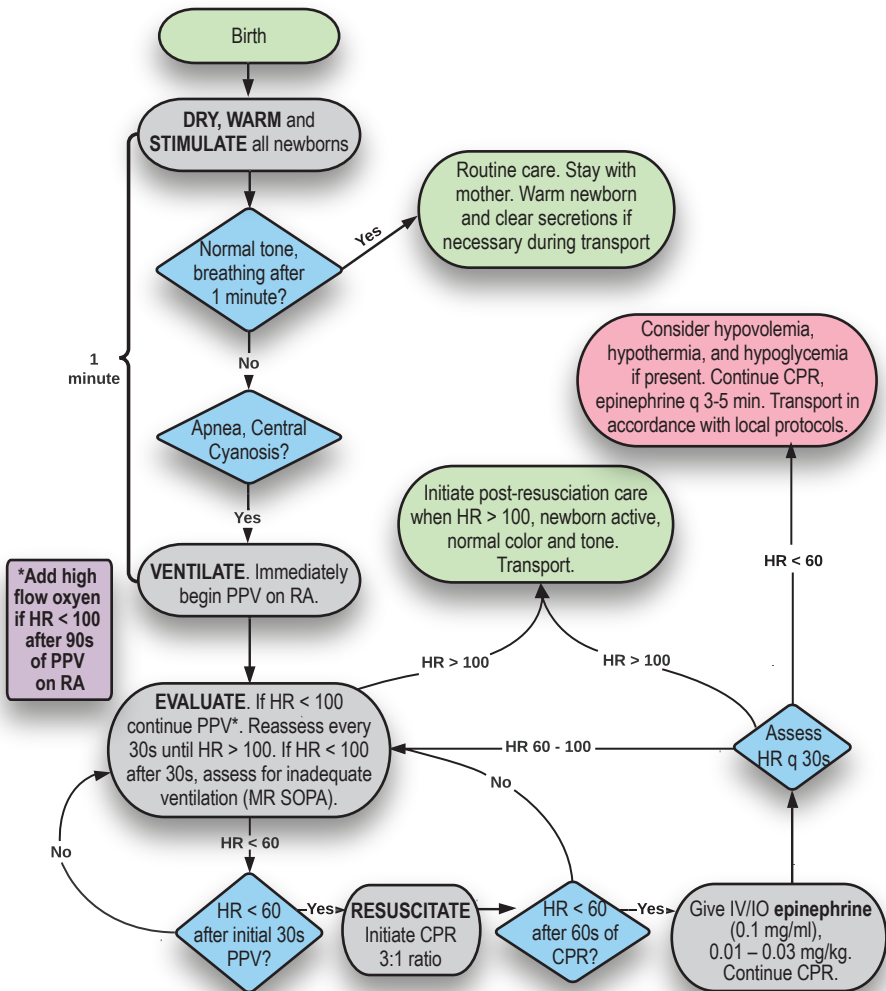


# EMS Newborn Resuscitation Reference Card



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## Corrective Steps for Inadequate Mask Ventilation

M	Mask adjustment
R	Reposition airway
S	Suction mouth and nose
O	Open mouth
P	Pressure increase
A	Alternative airway

## Post-Delivery SpO<sub>2</sub> Target

1 min	60%-65%
2 min	65%-70%
3 min	70%-75%
4 min	75%-80%
5 min	80%-85%
10 min	85%-95%

## Endotracheal Intubation (if in your scope of practice)

Gestational Age (weeks)	Weight (kg)	ET Tube Size (uncuffed, mm)	Depth of Insertion (cm from upper lip)
< 28	< 1.0	2.5	6-7
28-34	1.0-2.0	3.0	7-8
34-38	2.0-3.0	3.5	8-9
>38	>3.0	3.5-4.0	9-10

## Resuscitation Medications

Medication	Dosage/Route	Concentration	Weight (kg)	Total IV Volume (mL)
Epinephrine	IV or IO: 0.01 – 0.03 mg/kg (per local protocols)	0.1 mg/mL	1	0.1 – 0.3
			2	0.2 – 0.6
			3	0.3 – 0.9
			4	0.4 – 1.2
IV Fluid (Normal Saline)	IV: 10 mL/kg		1	10
			2	20
			3	30
			4	40